

Portobello Massage Newsletter

November 2014

Dear lovely Clients

Hello and welcome to the **November** edition of the Portobello Massage Newsletter!

What a gorgeous October we were given! Such warm weather, such great colours, such light! October certainly showed us just how beautiful change and transition can be. Now the clocks have changed, the days are shorter and November is well and truly here. And yet we're still experiencing great weather.

November can mean cold and flu season gets under way. Dear lovely clients, I'm going to request something and I hope you don't take it the wrong way. If you feel that you are coming down with a cold or flu, or have one of these ailments, may I kindly request you *do not* come for an appointment. I've picked up a few bugs and when I'm laid low, I can't work. I would either pass on the virus or be unable to give you the massage you deserve and expect. I promise I will understand about postponements and won't charge a cancellation fee. In return, I would ask that you let me know as soon as you think you might not be able to make your appointment so that I may be able to fit in another client.

I hope this seems reasonable to you. As a massage therapist, I can't just go slow for a bit. I want to be fit to give you the best massage I can.

Positive thoughts

All from Anaïs Nin

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

"We don't see things as they are, we see them as we are"

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

The groan worthy jokes...

"I have discovered the secret to a clean house: never let your children or husband enter it."

"Every time I get the urge to clear, I watch Hoarders, and I decide my house isn't that dirty after all."

"Why did the burglar take a shower? Because he wanted to make a clean getaway."

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under **Contact**. Please remember that **gift vouchers** are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available **here**.

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

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